## ABSTRACT OF THE DISCLOSURE

An image forming method for forming an image with laser irradiation on a photothermographic material including transporting the photothermographic material in a sub scanning direction and guiding it to a thermal developing portion, wherein the photothermographic material comprises at least one compound selected from formulae (1a), (1b) and (1c), and the method satisfies one of the following conditions:

- 1) a distance between a scanning exposure position of the laser irradiation means and an insertion part of the thermal developing portion is 50 cm or less;
- 2) a line speed of the thermal development is 20 mm/sec or higher; or
- 3) the thermal development is carried out with an interval time of 12 seconds or less.

Formula (1a)

$$R - Y_1 - (L_1)_{n1} - CX_1X_2X_3$$

Formula (1b)

Formula (1c)

$$R - Y_3 - (L_3)_{n2} - CX_1X_2X_3$$